

May 2017

Group Exercise, SilverSneakers®, Silver&Fit®, and Active&Fit®

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.
Group Exercise trial week for Summer I session—try any class for free June 5–11. The Summer I session runs through July 16.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.		SilverSneakers® Circuit*		SilverSneakers® Circuit		
9 a.m.						Yoga Core Run/Walk X-Train
9:30 a.m.	SilverSneakers® Circuit Pickleball	Turf Time for Toddlers SilverSneakers® Classic	SilverSneakers® Circuit Pickleball	Turf Time for Toddlers SilverSneakers® Classic	Pickleball	
10:30 a.m.	SilverSneakers® Yoga	SilverSneakers® Yoga	SilverSneakers® Yoga	SilverSneakers® Yoga		ZUMBA® Gold
5:30 p.m.	Vinyasa Flow I Cardio Kickboxing	Yoga Stretch	Pilates R.I.P.P.E.D.			
6:45 p.m.	Vinyasa Flow II ZUMBA®	Core 360	Beginning Yoga Boot Camp	Core 360 ZUMBA®		

INSURANCE-BASED MEMBERSHIP OPTIONS



The TLRC is now an Active&Fit® participating facility. Active&Fit® is an exercise and fitness

program designed to help you achieve better health through regular exercise. Active&Fit® provides eligible members with no- or low-cost fitness memberships.

If your health plan offers Active&Fit® and you would like more information about the TLRC, please contact the front desk or call 812-349-3720.

You may also visit Active&Fit® at www.ActiveandFit.com. Active&Fit® is a federally registered trademark of American Specialty Health Incorporated.



SilverSneakers® is the premier fitness program provided at no cost by more than 70 health

plans nationwide. If you qualify, your TLRC membership is free!

SilverSneakers® Circuit—Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

SilverSneakers® Classic—Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

SilverSneakers® Yoga—Move your whole body through a complete series of seated and standing yoga poses.



The Twin Lakes Recreation Center is now a Silver&Fit® participating fitness facility! Silver&Fit® is designed

specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit® provides eligible members with no-cost or low-cost fitness memberships.

If your health plan offers Silver&Fit® and you would like more information about the TLRC, please contact the front desk or call 812-349-3720.

You may also visit Silver&Fit® at www.SilverandFit.com. Silver&Fit® is a federally registered trademark of American Specialty Health Incorporated.



Hours:
 Mon.–Fri.: 6 a.m.–10 p.m.
 Sat.–Sun.: 7 a.m.–10 p.m.



[btownparks](https://www.instagram.com/btownparks)



[Twin Lakes Recreation Center](https://www.facebook.com/TwinLakesRecreationCenter)

bloomington.in.gov/TLRC

May 2017

The Lower Level is open Monday–Friday from 8 a.m.–3 p.m.
It is closed Saturday and Sunday except for reservations and scheduled activities.
When the TLRC is only open 7 a.m.–1 p.m., the Lower Level is closed.

FREE, ONGOING PROGRAMS FOR ADULTS (ages 50 yrs. and up)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
11:45 a.m.			Tai Chi Qigong		
1:30 p.m.			International Folk Dance		Advanced German*

Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

*Advanced German does not meet June–August.

ADDITIONAL ACTIVITIES

50+ EXPO

A Healthy, Active, and Creative Lifestyle Event

Wednesday, May 10
3–7 p.m. • FREE

- Expo hall
- Health screenings
- Community area with representatives from local activity clubs
- Quick-draw caricaturist and other fun stuff!

bloomington.in.gov/50expo

Legal Counseling

May 1 • 3 p.m. • *FREE*
by Atty. Tom Bunger
Call 812-349-3720
to register.



Pickleball

M, W, F • 9:30 a.m.–1 p.m.
Court 4

TLRC membership
or purchase of a
daily admission
pass is required
to participate.



Excel Tae Kwon Do

Beginner—

Tuesdays and Thursdays, 5:30–6:30 p.m.

Advanced—

Tuesdays 6:45–7:45 p.m. and
Thursdays, 5:30–6:30 p.m.

June 6–July 13 • For all ages.
\$45 • Register by June 11.

This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience.



1700 W. Bloomfield Rd.
812-349-3720

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Twin Lakes
Recreation Center

bloomington.in.gov/TLRC